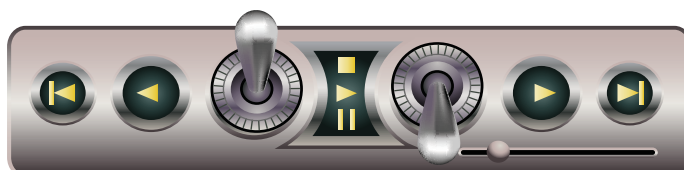


Flight Surgeon Refresher Course

Section 5: Aeromedical Fitness

Introduction (FSRC500)



AEROMEDICAL FITNESS

Introduction

One of the responsibilities as a Flight Surgeon or Aeromedical PA is to make recommendations to the aviation commanders about his aircrew members' medical fitness for flying. This requires the Flight Surgeon or Aeromedical PA to perform frequent flight line visits and interact with the aircrew in their environment both on the ground and in the air to understand job requirements and stressors.

The Flight Surgeon and Aeromedical PA are required to have extensive knowledge of aeromedical requirements, standards, policies and administrative procedures. You should have gained an appreciation for the aviation-working environment from completing prior lessons covering aeromedical physiology and aviation safety. With that background and the information in the following lesson, you will possess the tools necessary for making aeromedical recommendations.

Remember, the focus is on aeromedical qualification or fitness to fly and safe mission execution.

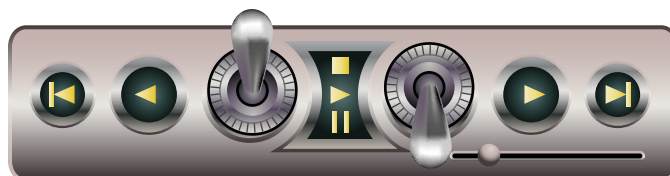
Separate lessons will go into detail on pertinent Aeromedical references, how to complete Flight Physicals, the Aeromedical Decision Making Process and Aeromedical Summaries, and Recommendations for Flying Duty (DA Form 4186). We will also discuss current policy updates.

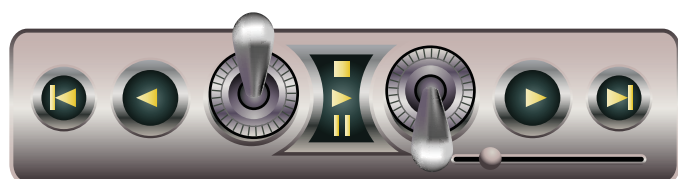
By using the flight line knowledge and medical evaluation of aircrews during sick call or at the annual FDME or Flying Duty Health Screen, the Flight Surgeon or Aeromedical PA can properly employ the aeromedical decision-making process to make aeromedical recommendations to the aviation commander.

Although we cannot provide you first-hand experience of aircrew members' lives on the flight line, many of you will remember your prior experiences working as a flight surgeon as you proceed through these lessons.

Objectives:

- a. List the references that govern aeromedical fitness and describe their general content
- b. Discuss the requirements for the Flight Duty Medical Exam (FDME) and the Flight Duty Health Screen (FDHS) and associated administrative procedures.
- c. Properly complete the DA 4186, Medical Recommendation for Flying Duty.
- d. Discuss current updates in aeromedical policy.
- e. Manage unit Health Records (HREC)





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